



We're
Going on a
Picnic

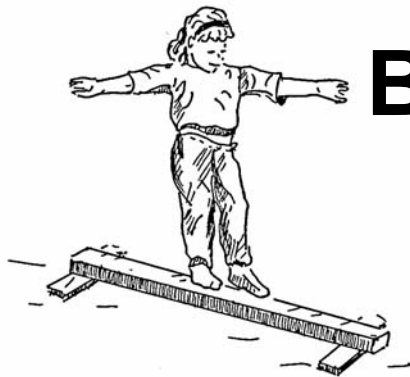
By
Pat Hutchins



Books and Movement – A Magical Mix

Ask Mr.
Bear

By
Marjorie Flack



B.A.M.M.M.!

March 2006
I Can Bounce

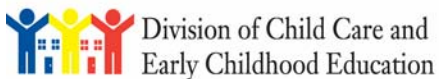
Silly Sally

By
Audrey Wood



Jump, Frog,
Jump!

By
Robert Kalan



B.A.M.M.M.!

Books and Movement – A Magical Mix

Learning Activity #1 <i>August 2005</i>	I Can Move My Body in Many Ways	Book: <i>From Head to Toe</i> By Eric Carle
Learning Activity #2 September 2005	I Can Dance	Book: <i>Giraffes Can't Dance</i> By Giles Andreae Illustrated by Guy Parker-Rees
Learning Activity #3 <i>October 2005</i>	I Can Walk	Book: <i>We're Going on a Picnic</i> By Pat Hutchins
Learning Activity #4 November 2005	I Can Run	Book: <i>The Gingerbread Man</i> Retold by Jim Aylesworth Illustrated by Barbara McClintock
Learning Activity #5 <i>December 2005</i>	I Can Crawl	Book: <i>Inch by Inch</i> By Leo Lionni
Learning Activity #6 <i>January 2006</i>	I Can Balance	Book: <i>Silly Sally</i> By Audrey Wood
Learning Activity #7 <i>February 2006</i>	I Can Dance Colors	Book: <i>Color Dance</i> By Ann Jonas
Learning Activity #8 March 2006	I Can Bounce	Book: <i>Bouncing Time</i> By Patricia Hubbell Illustrated by Melissa Sweet
Learning Activity #9 April 2006	I Can Play Sticks	Book: <i>Thump, Thump, Rat-a-Tat-Tat</i> By Gene Baer Illustrated by Lois Ehlert
Learning Activity #10 <i>May 2006</i>	I Can Jump!	Book: <i>Jump, Frog, Jump!</i> By Robert Kalan
Learning Activity #11 June 2006	I Can Travel Through an Obstacle Course	Book: <i>We're Going on a Bear Hunt</i> By Michael Rosen Illustrated by Helen Oxenbury
Learning Activity #12 <i>July 2006</i>	I Can Travel in Many Ways	Book: <i>Ask Mr. Bear</i> By Marjorie Flack

Learning Activity #8 – I Can Bounce

Book: *Bouncing Time* by Patricia Hubbell,
Illustrated by Melissa Sweet

Benchmarks	<p>3.1 Shows enjoyment of books and stories and discussion of them</p> <p>4.9 Freely participates in gross motor activities</p> <p>4.10 Throws, kicks, bounces and catches</p> <p>5.5 Participates in songs, finger plays, rhyming activities and games</p>
Manipulative Skills	<ul style="list-style-type: none"> ➤ Catching and collecting ➤ Dribbling
You will need:	<ul style="list-style-type: none"> ✓ Book: <i>Bouncing Time</i> by Patricia Hubbell, illustrated by Melissa Sweet ✓ Finger play: Five Little Monkeys Bouncing on the Bed ✓ 10 inch rubber ball (one per child) ✓ Carpet squares or personal space markers
Introduce the Activity	<ul style="list-style-type: none"> • Say “Five Little Monkeys Bouncing on the Bed” and match actions to words. <i>Five little monkeys bouncing on the bed (hold up & bounce 5 fingers) One fell off and broke his head. (hold up 1 finger and put hand on side of head) Mama called the doctor (pretend to dial telephone) And the doctor said (shake finger) That’s what you get for bouncing on the bed.</i> • Repeat words and actions for first verse, changing the number of monkeys to 4, then to 3, then to 2, then 1, holding up the correct number of fingers. After last monkey falls off, ask children, “<i>Now how many monkeys are bouncing on the bed?</i>”
Present the Story	<ul style="list-style-type: none"> • Prepare to read the book, <i>Bouncing Time</i>. • Show the cover, give title, author and illustrator. (Explain that author is person who writes the words and the illustrator draws the pictures.) • Ask children to name the things they see bouncing on the cover. Say, “<i>Let’s read and see who else is bouncing.</i>” • Read book with children sitting so all can see the pictures. • Review by asking children to recall who was bouncing in the story. Show the pages and help children name who was bouncing.

<p>Extend the Story</p>	<p style="text-align: center;">Drop and Catch the Ball</p> <p>You will need to provide one 10-inch rubber ball per child for this activity. If there is not one ball for each child, have other activities for children without a ball.</p> <ul style="list-style-type: none"> Give the children the following instructions: <i>"Hold the ball out in front of your body. Drop the ball and catch it."</i> Allow children to practice dropping and catching the ball. Say, <i>"Can you bounce the ball hard and catch it?"</i> <div data-bbox="792 659 1023 1058" data-label="Image"> </div> <ul style="list-style-type: none"> Children need lots of practice dropping and catching the ball before they are ready to begin dribbling.
<p>Conclude the Session</p>	<ul style="list-style-type: none"> Lead children in a finger play. (You and children stand up and bounce in place) <p><i>I'm bouncing, bouncing everywhere. I bounce and bounce into the air. I'm bouncing, bouncing like a ball. I bounce and bounce until I fall.</i> (Children sit on floor)</p>
<p>Try these additional activities</p>	<p style="text-align: center;">Bounce the Ball to a Buddy</p> <ul style="list-style-type: none"> Demonstrate bouncing a ball to a child. Stand about 8 feet from the child. Give children the following instructions: <i>"Watch the ball. Get your hands and arms ready to catch. Reach for the ball as it bounces to you. Now bounce the ball back to me."</i> Provide one ball for two children who will be "bouncing buddies."

- Give the following instructions about bouncing.
"One good bounce to your buddy, but not over his/her head. You want your buddy to catch the ball"
- Allow the children to bounce the ball back and forth to each other.

Observe and assist children who are having a difficult time bouncing and catching the ball.

Dribbling

- Demonstrate and explain dribbling to the children.
"Stand with your feet slightly apart and knees bent. Hold the ball in front of your body. Drop the ball. Push the ball down with the tips of your fingers. (Not palms of hand) When the ball bounces back up, use your fingertips to gently push the ball back to the floor. Let's see if we can bounce the ball once."
Repeat bouncing the ball once until children are successful.
"Now let's see if we can bounce the ball two times without stopping." (Repeat)
"Let's see if we can bounce the ball three times without stopping." (Repeat)
Practice with the children.
Allow children to practice on their own.
Remind children to *"Keep the ball no higher than your knees."*



Teacher Note: Pushing the ball gently and keeping the ball no higher than knees helps children better control the ball.

	<p style="text-align: center;">Move and Dribble</p> <ul style="list-style-type: none"> • Allow children many opportunities to practice dribbling the ball as they stand in one place. • Challenge children to dribble while walking. <p>Teacher Note: Some children may be able to dribble while walking while others will not.</p> <p style="text-align: center;">Parachute/Blanket Bouncing</p> <ul style="list-style-type: none"> • Provide either a purchased parachute or large sheet or blanket and a light weight ball (beach ball or whiffle ball). • Space the children evenly around the blanket. Have them stand and hold onto the blanket. • Say, <i>"I'm going to put a ball in the middle of the blanket. You are to move the blanket so that the ball bounces on the blanket without falling off."</i> • Participate with the children. <p>Teacher's Note: It is very important that you participate with the children in this activity. They will need your guidance and modeling to prevent this activity from becoming difficult for you to manage. When you see that the children are tiring, stop the activity, put away the parachute/blanket and ball, and involve children in a calming activity. Beach balls or whiffle balls work well for this activity.</p> <p style="text-align: center;">Bubble Bouncing</p> <ul style="list-style-type: none"> • Reread the book, <i>Bouncing Time</i>, with the children. • Ask children if they think bubbles bounce. Accept their answers. • Say to children, "Let's find out if bubbles bounce." • Involve children in making bubble soap mix. Allow them to measure and mix the following ingredients: <p style="text-align: center;">Bubble Soap</p> <p>1 teaspoon glycerin 1/2 cup liquid detergent 1/2 cup water</p> <ul style="list-style-type: none"> • Provide bubble wands or plastic rings from a six pack of drinks • Go outdoors with the children and observe them as they make bubbles and chase them. Ask, <i>"Were you right? Can bubbles bounce?"</i>
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	<p style="text-align: center;">Silly Putty</p> <ul style="list-style-type: none"> Involve children in making Silly Putty. <p style="text-align: center;">Silly Putty</p> <p>1 cup white glue (Elmer's Glue-All, not Elmer's School Glue) 1 cup cornstarch Combine ingredients in a bowl</p> <p>Challenge children to see if Silly Putty bounces.</p> <p style="text-align: center;">Bouncy Playdough</p> <ul style="list-style-type: none"> Make Bouncy Playdough for the children <p style="text-align: center;">Bouncy Playdough</p> <p>2 cups baking soda 1 ½ cups water 1 cup cornstarch</p> <p>Place ingredients in bowl and mix with fork. Place mixture in a saucepan. Bring to a boil on medium heat. Cook, stirring constantly with wooden spoon until thick Let cool.</p> <p>Teacher's Note: Bouncy Playdough can be reused. Store it in an airtight container.</p>
Additional Books	<ul style="list-style-type: none"> <input type="checkbox"/> <i>Bubble, Bubble</i> by Mercer Mayer <input type="checkbox"/> <i>Clifford Counts Bubbles</i> by Norman Bridwell
Resources	<ul style="list-style-type: none"> ✓ Recipes for art materials can be found in <i>The Cooking Book</i> by Laura J. Colker, published by the National Association for the Education of Young Children, Washington, DC (2005). ✓ Refer to <i>Designing Preschool Movement Programs</i> by Stephen W. Sanders for more information on how to help children develop ball-handling skills. ✓ Parachutes can be ordered from equipment catalogs or from school supply companies.

Teacher Notes:

- Children need to hear the same story read to them several times.
- Children also need frequent opportunities to repeat and practice movement activities.
- Plan to reread the book, *Bouncing Time* by Patricia Hubbell, and include a variety of the movement activities.
- It is important that stories and activities be repeated with children at different times throughout the year.